



General Creative Breaking Competition Guidelines

1. Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 30 boards. Any Taekwondo striking or kicking technique may be used, with the exception of head strikes.
2. Competitors must provide their own board holders.
3. Competitors and helpers will have **Two Minutes** to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments. Exceeding the time limit will result in 0.5 point deduction in the final score for each 10 seconds, or fraction thereof, over the time. (Example: 12 seconds over = 1.0 deduction.)
4. No props such as chairs, trampolines, tables, etc. may be used. (Holders may be used as “human launch pads” for jumping techniques.)
5. There is a maximum of three attempts for each break. Failure to break all of the boards in a single attempt will result in 0.1 deduction for each missed board. Failure to complete the break after three attempts will result in a 0.5 point deduction in the final score, in addition to the penalties for missed boards.
6. The performance must be confined to the competition area. A competitor who crosses the boundary line will receive a 0.5 point deduction for each violation.
7. Competitors may perform as many breaking techniques as they wish, as long as they do not exceed the one minute time limit.
8. Boards must be purchased on site for \$2-\$4/board depending on thickness.
9. Board sizes:
 - under 6years: Demoboards: 12 inches by 9 inches, 3/8 inch thick
 - 6-11 years: 12 inches by 8 inches, 1/2 inch thick
 - 12+ years: 12 inches by 10 inches and 1 inch thick
10. No spacers may be used, including fingers. Holders may not attempt to “help” the competitor by bending, moving, or pushing the boards; any attempt to do will result in a 0.5 point deduction for each instance. Any attempt to physically alter the boards will result in disqualification of the competitor.



Scoring Guidelines for Creative Breaking Competition

Judging will be based on three criteria:

1. Difficulty (30%)
2. Number of boards broken (30%)
3. Demonstration of Taekwondo skill & Presentation (40%)

1. Difficulty

- Suspended holding (“i.e., “speed breaking”) is considered more difficult than fixed holding.

1.1. **Difficulty of Kicking Techniques** will be assessed on the following order of superiority:

- a. Standing kick technique
- b. Kicking technique with turning motion
- c. Jumping or flying kick technique
- d. Jumping or flying kick with turning motion (the greater the number of rotations, the higher the assessed difficulty)
- e. Multiple breaking using jumping or flying kick
- f. Multiple breaking spinning jumping or flying kick

1.2 **Difficulty of Hand Techniques** will be assessed on the following order of superiority:

- a. Basic skills such as straight or reverse punch, palm heel strike and hammer fist
- b. More technical skills such as knife hand strike, ridge hand strike and back fist
- c. Advanced skills such as spear finger strike, long punch, chicken beak strike, etc.

2. Number of boards broken

- The number of boards broken in a single technique
- Total Number of boards attempted in the overall performance

3. **Demonstration of Taekwondo skill** will be based on Accuracy, Speed and Presentation.

3.1 **Accuracy:** Breaking on the first attempt is superior to breaking on the second attempt, and breaking at the center of the board is superior to breaking off-center.

3.2. **Speed:** Rapid, smooth, continuous motion is superior to taking extra time between breaks.

3.3. **Presentation:** In addition to displaying correct Taekwondo technique, this includes confidence, balance, rhythm, smoothness of performance and good competition manner from entrance into the Contest Area through the completion of the performance.